


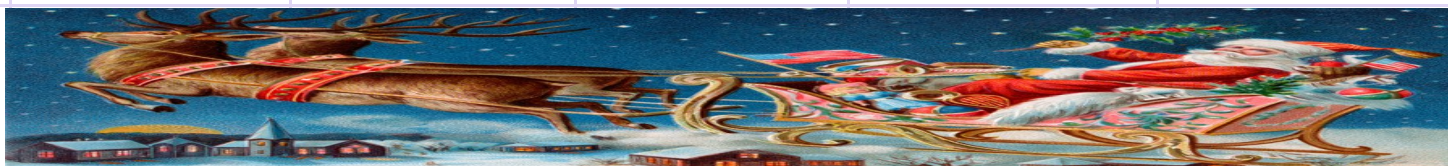


# Deanwood Aquatics December 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Registration @ 6:30am</b>	2	3	4	5	6
7	8 9:00-10:00 Am Action against arthritis water aerobics 5:00-5:30pm Adult L2S Lvl 1 6:00-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lv 3 5:00-5:30pm Youth L2S Lvl 1 5:45-6:15pm Youth L2S Lvl 2 6:30-7:15pm Youth L2S Lvl3	9 7:00-8:00am Water Aerobics Deep/Shallow 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	10 9:00-10:00 Am Action against arthritis water aerobics 5:00-5:30pm Adult L2S Lvl 1 6:00-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lv 3 5:00-5:30pm Youth L2S Lvl 1 5:45-6:15pm Youth L2S Lvl 2 6:30-7:15pm Youth L2S Lvl3	11 7:00-8:00am Water Aerobics Deep/Shallow 5:00-6:00pm Water Aerobics <b>BLT</b> 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	12 9:00-10:00 Am Action against arthritis water aerobics 5:00-6:00pm Water Aerobics <b>BLT</b>	13 9:00-9:30am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:45am P&C Lvl C
14	15 9:00-10:00 Am Action against arthritis water aerobics 5:00-5:30pm Adult L2S Lvl 1 6:00-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lv 3 5:00-5:30pm Youth L2S Lvl 1 5:45-6:15pm Youth L2S Lvl 2 6:30-7:15pm Youth L2S Lvl3	16 7:00-8:00am Water Aerobics Deep/Shallow 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	17 9:00-10:00 Am Action against arthritis water aerobics 5:00-5:30pm Adult L2S Lvl 1 6:00-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lv 3 5:00-5:30pm Youth L2S Lvl 1 5:45-6:15pm Youth L2S Lvl 2 6:30-7:15pm Youth L2S Lvl3	18 7:00-8:00am Water Aerobics Deep/Shallow 5:00-6:00pm Water Aerobics <b>BLT</b> 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	19 9:00-10:00 Am Action against arthritis water aerobics 5:00-6:00pm Water Aerobics <b>BLT</b>	20 9:00-9:30am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:45am P&C Lvl C
21	22 9:00-10:00 Am Action against arthritis water aerobics 5:00-5:30pm Adult L2S Lvl 1 6:00-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lv 3 5:00-5:30pm Youth L2S Lvl 1 5:45-6:15pm Youth L2S Lvl 2 6:30-7:15pm Youth L2S Lvl3	23 7:00-8:00am Water Aerobics Deep/Shallow 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	24 9:00-10:00 Am Action against arthritis water aerobics 5:00-5:30pm Adult L2S Lvl 1 6:00-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lv 3 5:00-5:30pm Youth L2S Lvl 1 5:45-6:15pm Youth L2S Lvl 2 6:30-7:15pm Youth L2S Lvl3	25 7:00-8:00am Water Aerobics Deep/Shallow 5:00-6:00pm Water Aerobics <b>BLT</b> 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	26 9:00-10:00 Am Action against arthritis water aerobics 5:00-6:00pm Water Aerobics <b>BLT</b>	27 9:00-9:30am P&C Lvl A 10:15-10:45am P&C Lvl B 11:00-11:45am P&C Lvl C
28	29 9:00-10:00 Am Action against arthritis water aerobics 5:00-5:30pm Adult L2S Lvl 1 6:00-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lv 3	30 7:00-8:00am Water Aerobics Deep/Shallow 5:00-5:30pm Child L2S Lvl 1 5:45-6:15pm Child L2S Lvl 2 6:30-7:15pm Child L2S Lvl 3	31 9:00-10:00 Am Action against arthritis water aerobics 5:00-5:30pm Adult L2S Lvl 1 6:00-6:45pm Adult L2S Lvl 2 7:00-7:45pm Adult L2S Lv 3			

**Hours of Operation**  
 6:30 am-8:00pm (Mon-Fri)  
 9:00 am-5:00pm (Sat-Sun)  
 1350 49<sup>th</sup> St. NE  
 Washington, DC 20019



**Next Registration:**  
 Winter Session 1  
 January 5, 2014  
 @ 6:30am

## Schedule of Events

- **Parent & Child A** (Sat. only) (10:00am– 10:30am) (8 sessions)
- **Parent & Child B** (Sat. only) (10:45am– 11:15am) (8 sessions)
- **Parent & Child C** (Sat. only) (11:30am-12:00pm) (8 sessions)
- **KEEN Group** (Every 2nd Saturday)
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- **Learn to Swim: Child Level 1** (Tue. & Thur. 5:00pm-5:30pm) (8 Sessions)
- **Learn to Swim: Child Level 2** (Tue. & Thur. 5:45pm-6:15pm) (8 Sessions)
- **Learn to Swim: Child Level 3** (Tue. & Thur. 6:30pm-7:15pm) (8 Sessions)
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- **Learn to Swim: Adult Level 1** (Mon. & Wed. 5:00pm– 5:30pm) (8 Sessions)
- **Learn to Swim: Adult Level 2** (Mon. & Wed. 5:45pm-6:15pm) (8 Sessions)
- **Learn to Swim: Adult Level 3**(Mon. & Wed. 6:30pm-7:15pm) (8 Sessions)
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- **Learn to swim: Youth Level 1**(Mon. Wed. 5:00pm-5:30pm) (8 sessions)
- **Learn to swim: Youth Level 2**(Mon. Wed. 5:45pm-6:15pm) (8 sessions)
- **Learn to swim: Youth Level 3**(Mon. Wed. 6:30pm-7:15pm) (8 sessions)
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- **Action Against Arthritis Aerobics** (Mon, Wed & Fri. 9:00am-10:00am) **55+ ONLY**
- **Deep/Shallow Water Aerobics** (Tue. & Thur. 7:00am-8:00am) (8 Sessions)
- **BLT Water Aerobics (Buns, Legs , and tummy)** (Thur. & Fri 5:00pm-6:00pm)
- **LGTA** (Wed & Fri 6:00pm-7:00pm) (Sat. 2:00pm-3:00pm)

THERE MUST BE **AT LEAST 4 PEOPLE REGISTERED** FOR A CLASS TO BE HELD!!!!